

Parkinson's Disease Information Sheet

for Patients and Carers

What is Parkinson's Disease?

Parkinson's Disease is a condition in which parts of the brain become progressively damaged over many years. The main symptoms of Parkinson's are involuntary shaking of parts of the body (**tremor**), slow movement and stiff, inflexible muscles. A person with Parkinson's can also experience a wide range of physical and psychological symptoms including:

- Depression, anxiety or trouble sleeping (**insomnia**)
- Balance problems (increasing the chance of falls)
- Loss of sense of smell (**anosmia**)
- Memory problems

Financial Support

Carer's Allowance



Caring for someone can lead to money worries, especially if you are having to give up work. You are entitled to a free carer's assessment from Herefordshire Council who will then decide whether you are eligible for help. To arrange a care assessment call 01432 260101 or email the Adult Social Care team on ascadviceandreferralsteam@herefordshire.gov.uk

Attendance Allowance (AA)

Attendance Allowance (AA) is a benefit for people over State Pension age who need help with personal care or supervision because of illness or disability. The amount you get is based on the help you need and is not means tested. You can call the AA helpline on 0800 731 0122 or download a claim form from the government website (www.gov.uk). The form can be quite daunting but Age UK are a charity who can help with filling it in. They can be reached on their Advice Line at 0800 678 1602.

Wellbeing Support for Carers

CarerLinks



Supporting carers to improve their wellbeing through 1:1 support, information, advice, advocacy and signposting. Supporting with applications for Attendance Allowance, Carer's Allowance and blue badges. Linking carers with help and support. Visit the CarerLinks website at www.crossroadstogether.org.uk/our-services/carerlinks/carerlinks-herefordshire/ or call 01432 663057 or email herefordshire@crossroadstogether.org.uk

Parkinson's UK (Hereford Branch)

A support group for those with Parkinson's and their carers who meet monthly—sometimes with a speaker— at St Martin's Church Hall, Ross Road, Hereford HR2 7RJ. For more information please contact Jane Thornhill on 01432 632863 or email jj.thornhill@outlook.com. There is also a Parkinson's UK national website: www.parkinsons.org.uk

DVLA

You must tell the DVLA if you have Parkinson's Disease or you can be fined up to £1,000. You need to fill in a **PK1 form** and return it. You can find this form on the www.gov.uk website by entering "PK1 form" into the search box.

Council Tax

You will be eligible for **reduced Council Tax** if you are claiming certain benefits including AA. You can download a form for this on the Herefordshire Council website www.herefordshire.gov.uk or by calling **01432 260000**.

Useful Telephone Numbers

Adult Social Care and Occupational Therapy (Herefordshire Council)- 01432 260101

Wye Valley Trust Physiotherapy Department — 01432 364026

Parkinson's Disease Specialist Nurse Service (Sarum House, Hereford) - 01432 677349

Citizens Advice Bureau Hereford (Benefits help and advice) - 0344 826 9685

Age UK Hereford Branch (Help applying for benefits, advice and support) - 0800 008 6077